

Sexercise

Spice

I don't know what you've been told
I don't know what you've been told
Exercise good fi di pum-pum hole
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Hmm, everybody, time fi yuh jump up
Good sexercise, time fi yuh warm up
Yuh do yuh regular push-up, yuh do yuh regular sit-up
Yuh batty move, yuh jump up, yuh know fi mek dick stand up
Let's squat, siddung and a bounce and a squat
[?] you a bounce pon di cocky but it hot
To di left, step dat onto di right, come back
A suh yuh siddung and a bounce, squat a mek yuh batty phat

Bend over, toe touch, gyal, fold
Open yuh foot like a football ball
Do di stand, toe touch while yuh mek yuh batty roll
Fold, gyal, fold, cah yuh have up di good hole

I got di goodie-goodie between mi thighs
Di man seh I neva tell no lies
Dis a goodie punny, nah mek no nice
Sexercise is a good exercise
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Hmm, stand in bicycle
Cock up yuh batty, gyal, dribble, gyal, dribble
Dribble, gyal, dribble, firm batty, stiff nipple
Wi nuh waan man buddy if it small and a tickle
Go dung pon yuh knees, yuh nuh full a herpes
Exercise an' a tease, mek e man a bawl please
Good pum-pum, gyal, dweet and squeeze
Suh yuh dweet wid ease [?]

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Suh when yuh see mi a do mi exercise
Mi know fi, mi know fi mek dick rise
When yuh see mi a do mi sexercise
Mi know fi, mi know fi mek dick rise
Right now I wanna give it to him
Give it to him like I'm in the gym

Give it to him, I wanna give it to him
Give it to him like I'm in the gym

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